

# **The Five Tibetan Rites: Exercises for Healing, Rejuvenation, and Longevity**

## **Potential Benefits of the Five Rites**

Examples of the benefits of the "Five Tibetan Rites" including the following: looking much younger; sleeping soundly; waking up feeling refreshed and energetic; release from serious medical problems including difficulties with spines; relief from problems with joints; release from pain; better memory; arthritis relief; weight loss; improved vision; growing younger instead of aging; greatly improved physical strength, endurance and vigour; improved emotional and mental health; enhanced sense of well being and harmony; and very high overall energy.

## **How the Five Rites Work**

The Tibetans claim that these exercises activate and stimulate the seven key chakras that in turn stimulate all the glands of the endocrine system. The endocrine system is responsible for the body's overall functioning and aging process. This means that the Five Rites will affect the functioning of all your organs and systems, including the physical and energetic systems and that includes the aging process. The man who brought these Five Rights out of Tibet stated that "performing the Five Rites stimulates the circulation of essential life energy throughout the body".

## **Chakras**

Chakra is an Indian Sanskrit word that translates to mean "Wheel of Spinning Energy". Chakras are spinning wheels or vortexes of energy of different colour that perform many functions connecting our energy fields, bodies and the Cosmic Energy Field. Chakras are powerful electrical and magnetic fields. Chakras govern the endocrine system that in turn regulates all of the body's functions including the ageing process. Energy flows from the Universal Energy Field through the chakras into the energy systems within our bodies, including the Meridian System.

Our bodies contain seven major chakras or energy centres and 122 minor chakras. The major chakras are located at the base of the spine (Root Chakra), at the navel (Sacral Chakra), in the solar plexus (Solar Plexus Chakra), within your heart (Heart Chakra), within the throat (Throat Chakra), at the centre of your forehead (Brow or Third Eye Chakra), and at the top of your head (Crown Chakra). These chakras are linked together with all other energy systems in the body and various layers of the auras.

The Speed of the chakra spin is a key to vibrant health. The other keys to vibrant health that relates to the chakra is ensuring they are clear of negative energy and that they are perfectly shaped and not distorted.

The Five Rites speed up the spinning of the chakras, coordinate their spin so they are in complete harmony, distribute pure prana energy to the endocrine system, and in turn to all

organs and processes in the body. This is one of the major requirements for vibrant health, rejuvenation and youthfulness.

## **The Five Rites Exercise Programme**

This programme is often described as a modified yoga programme. Simply put, yoga is a science that unites the body, mind and spirit. Today this is often called Mind/ Body Healing. The author of the book believes that yoga was brought to Tibet from India in the 11th or 12th century and that Tibetan monks over time developed modified these exercises and developed an effective program of exercises that western society now calls the "Five Tibetan Rites". The rugged mountainous conditions these monks live in may well account for their particular emphasis on vigour. Many of the yoga exercises and practices being taught in the western world today are very new. The "Five Tibetan Rites" are exactly what the ancient Tibetans developed over many centuries of time. Therefore it's very important to do the "Five Tibetan Rites" exactly as they are presented without altering the form or sequence to achieve some of the benefits accrued to these "Rites".

## **Beginning the "Five Rites" Exercise Programme**

1. For the first week, and only if you are relatively healthy and fit, do each exercise three times.
2. If you are inactive, overweight, or have health problems begin these exercises doing one of the first three each day, and only if you feel totally comfortable doing this. If you have any concerns whatsoever, please consult with your physician. Individuals on serious medications should consult with their physicians.
3. If you are overweight do not do Rites #4 and #5 until you have developed some strength and endurance.
4. Do only what you feel comfortable doing. That may be only one of each exercise for the first week. Build up to two of each exercise the second week, three of each exercise the third week, etc. or at a faster pace only if your body does not hurt when you do these exercises.
5. 21 is the maximum of each exercise you should ever do. If you want to enhance your program, do the exercises at a faster pace, but do not so more than 21 of each exercise each day. Doing more than 21 repetitions of each exercise in any day will affect your chakras negatively and can create imbalances in your body.
6. The "Five Rites" may stimulate detoxification and often creates many unpleasant physical symptoms. This is why it's recommended to increase the number of each exercise gradually on a weekly basis. If you have not exercised for some time, prepare to begin your "Five Rites" exercise programme by walking daily, for a half hour each day if possible. Another alternative in preparation for the Five Rites is a stretching program with a gradual increase in the types of stretching exercises and the duration of this programme.
7. A sugar free and low fat diet is an important support when integrating the "Five Rites" exercise program into your life. Also check for Digestive Food Sensitivities and eliminate all foods you do not digest easily.
8. Do the Five Rites exercises every day. The maximum you should skip is one day each week. If the exercises are done less than six days each week, the results will be greatly reduced.
9. If on certain days your time is limited, do 3 repetitions of each exercise. This takes less than five minutes.

10. For maximum benefit, do the exercises before breakfast in the morning, if at all possible. If this is not possible do them anytime during the day.

### **"Five Tibetan Rites" Exercise Programme**

**SPECIAL CAUTION:** Spinning and stretching through the following exercises can aggravate certain health conditions such as any type of heart problem, multiple sclerosis, Parkinson's Disease, severe arthritis of the spine, uncontrolled high blood pressure, a hyperthyroid condition, or vertigo. Problems may also be caused if you are taking drugs that cause dizziness.

#### **The Five Tibetan Rites**

##### **Rite #1**

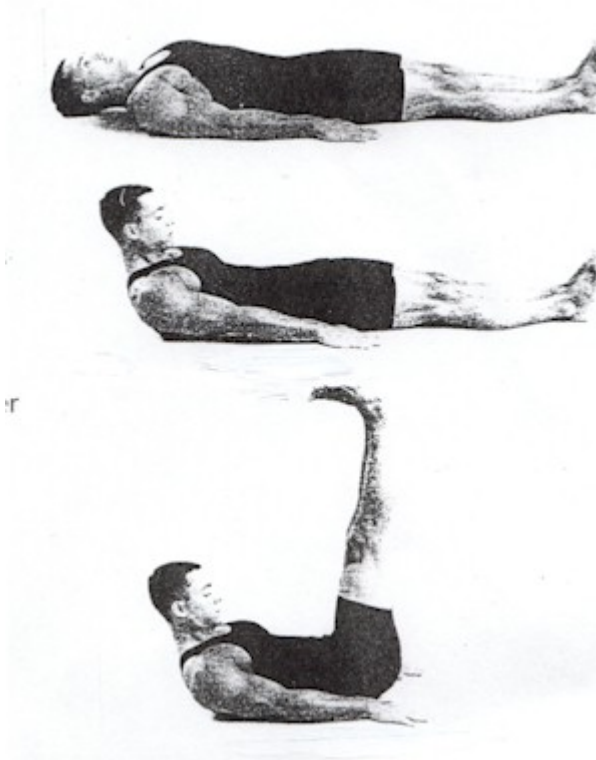


Stand erect with arms outstretched horizontal to the floor, palms facing down (or right palm up – left down). Your arms should be in line with your shoulders. Spin around clockwise until you become slightly dizzy. Gradually increase number of spins from 1 spin to 21 spins.

**Breathing:** Inhale and exhale deeply as you do the spins.

##### **Rite #2**

Lie flat on the floor, face up. Fully extend your arms along your sides and place the palms of your hands against the floor, keeping fingers close together. Then raise your head off the floor tucking your chin into your chest. As you do this, lift your legs, knees straight, into a vertical position. If possible, extend the legs over the body towards your head. Do not let the knees bend. Then slowly lower the legs and head to the floor, always keeping the knees straight. Allow the muscles to relax, and repeat.



**Breathing:** Breathe in deeply as you lift your head and legs and exhale as you lower your head and legs.

### Rite #3

Kneel on the floor with the body erect. The hands should be placed on the backs of your thigh muscles. Incline the head and neck forward, tucking your chin in against your chest. Then throw the head and neck backward, arching the spine. Your toes should be curled under through this exercise. As you arch, you will brace your arms and hands against the thighs for support. After the arching return your body to an erect position and begin the rite all over again.

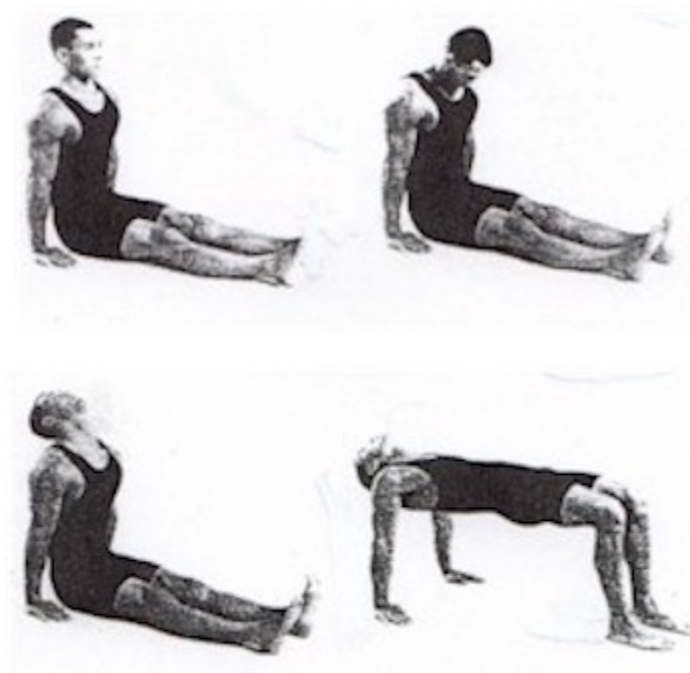
**Breathing:** Inhale as you arch the spine and exhale as you return to an erect position.



#### Rite #4

Sit down on the floor with your legs straight out in front of you and your feet about 12" apart. With the trunk of the body erect, place the palms of your hands on the floor alongside your buttocks. Then tuck the chin forward against the chest. Now drop the head backward as far as it will go. At the same time raise your body so that the knees bend while the arms remain straight. Then tense every muscle in your body. Finally let the muscles relax as you return to your original sitting position. Rest before repeating this Rite.

**Breathing:** Breathe in as you rise up, hold your breath as you tense the muscles, and breathe out fully as you come down.



#### Rite #5



Lie down with your face down to the floor. You will be supported by the hands palms down against the floor and the toes in the flexed position. Throughout this rite, the hands and feet should be kept straight. Start with your arms perpendicular to the Floor, and the spine arched, so that the body is in a sagging position. Now throw the head back as far as possible. The, bending at the hips, bring the body up into an inverted "V". At the same time, bring the chin forward, tucking it against the chest.

**Breathing:** Breathe in deeply as you raise the body, and exhale fully as you lower the body.